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The Most Important Plant-Based Food Families in PubMed

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Searching for plant-based foods (PBFs) in PubMed is tricky because most of these are indexed in the Plants explosion, and not in the Food explosion. This has disadvantages for searching, but it also has the advantage that PBFs are classified by plant family, with related plants together. This is valuable because plant families have biochemical distinctiveness, which affects their nutrition.

The hedge we used to combine with each plant family is:

(food and beverage[majr]) OR (Nutritional Physiological Phenomena[majr]) OR (nutrition disorders[majr]) OR (food industry[majr])

The number of citations goes from Fabaceae (6747 articles) to Clusiaceae (85 articles).

Combining a Food-Diet-Nutrition hedge that we have developed with all the plant families in MeSH, we have been able to determine which families have the most Food-related articles in PubMed. The ranking of families starts in the left column. Not surprisingly, the top three families are beans, grains and potatoes - tomatoes. After that you may see some surprises.